

WHY

We Should Eat More Brown Bread and Butter

For the same reason that butter is more nutritious than margarine, brown bread is more nutritious than white bread, that is, because of the vitamin content of butter and brown bread. The New York Medical Journal. White bread made from highly milled flour is lacking in vitamins. The grain is entirely denuded of the husk which contains the vitamins, and although white bread is more palatable it is not so nourishing nor so conducive in many respects to the maintenance of health as brown bread or as bread made from a mixture of white and brown flour.

In addition to the vitamin content, brown bread provides work for the jaws and incites the salivary glands to action and from its composition exerts a gently aperient effect. A good deal of the prejudice which obtains against brown bread is due to bad cooking. When it is well made it is palatable. In short, brown bread and butter are greatly to be preferred to white bread and margarine, however pleasing these may be in appearance and taste.

Too much faith should not be placed in the caloric value of a diet. A well balanced diet contains a sufficient caloric value and a satisfactory vitamin content. The ideal diet is nourishing, appetizing, and satisfying. That is to say, it is well assimilated, by flavor and odor it excites appetite, and it is not deficient in bulk. Of course it must be adapted to circumstances, climate, occupation, and so on, but it cannot be termed a thoroughly nutritious and wholesome diet if it does not contain a sufficient amount of vitamins. Brown bread and butter, to a limited extent, are an excellent example of such a diet.

Why Swat the Fly Now.

No matter how long the winter lasts, the chrysalis of the fly is safe. When the warm spring weather comes the fly inside the chrysalis goes on growing again. At the right moment it bursts open its horny case and comes out like a chicken from its shell. All that it has to do is to dry its wings; then it can fly away full grown.

Flies reach their full size before coming out of their shell-like covering, says a writer in an exchange. When you see small flies and big flies together you must think that the little ones are young and the big ones old. They are different sorts of flies, but full grown. They reach full size before they are released from the cradle in which they have passed the winter. It is because most of the old ones are dead, and the young ones still in their eggs, that we seldom see flies in winter.

The common house fly when it wakes in the spring lays over a hundred eggs, which hatch in a day or two as maggots. These grow rapidly, become pupae and within two weeks from the eggs are full-grown flies, ready to lay eggs themselves. You can see how many billion flies there would be if none were destroyed and all the eggs hatched and grew into flies. The house fly usually lays its eggs in filth and if we keep our premises clean we shall have fewer flies.

Why Bread Gets Stale.

The reason bread becomes stale has been investigated recently by Professor J. R. Katz of Amsterdam, who has discovered that the staleness is due to low temperatures, and not merely to loss of moisture. The experiments of Professor Katz were based upon the keeping of bread forty-eight hours after it was taken out of the oven. He found that if the temperature was maintained at 140 degrees Fahrenheit the bread was quite fresh at the end of the period, but if the temperature was reduced to 122 degrees Fahrenheit a certain amount of staleness was discernible, the process becoming more rapid until a temperature of about three degrees below freezing point was reached. Curiously enough, at lower temperatures than this the degree of staleness is reduced, until at a temperature of liquid air the bread is again perfectly fresh. On the strength of these experiments it has been suggested that bread be kept fresh till required for use by placing it in a fireless cooker immediately after removal from the oven.

Why Scots Would Ban "Macbeth."

A resolution demanding the elimination of Shakespeare's "Macbeth" from school curriculums on the ground that it was a libel on the Scotch in its "misinterpretation in presenting King Macbeth as a traitor and murderer," was adopted at New York by the League of Scottish Veterans of the World War. The resolution was addressed to the Newark (N. J.) board of education, which recently barred "The Merchant of Venice" from the schools because of the alleged slur on the Jewish race.

"If they have banned Shylock, I see no reason why they should not ban Macbeth," said Capt. Ian McFavish. "If the Jewish gaberdine is to be cleaned they should also remove the stain from the Scottish kilt."

Why Pastor Is Worried.
From California comes the story of a woman who made her pastor heir to \$87,000 on condition he would take care of 85 canaries, 31 dogs, 18 cats, and a bunch of rabbits. He is getting along pretty well with most of the menagerie, the story goes, but the rabbits are multiplying so rapidly he fears he will have to spend all the money to buy a ranch for them a year from now.

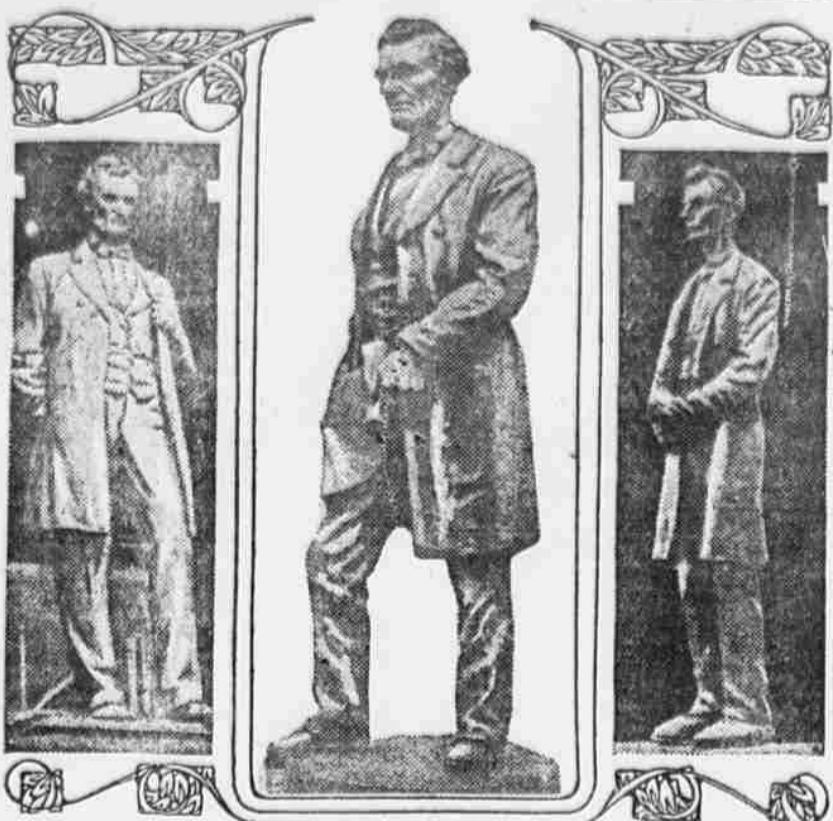
A Good Medicine For the Grip.
George W. Watt, South Gardiner, Me., relates his experience with the grip: "I had the worst cough, cold and grip and had taken a lot of trash of no account. Chamberlain's Cough Remedy is the only thing that has done me any good whatever. I have used one bottle of it and the cold and grip have left me."—Adv.

Dull safety razor blades—all make perfectly sharpened. F. A. Morris' Drug Store.

—Patronize Dispatch advertisers.

LINCOLN THE "MOST-SCULPTURED MAN."

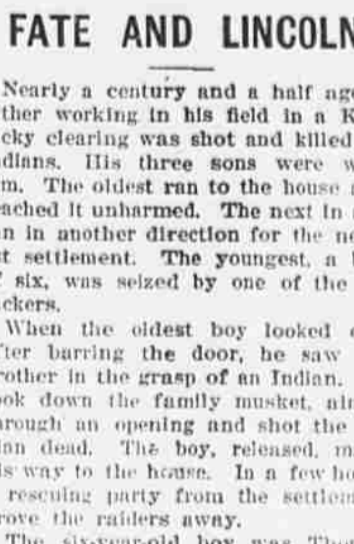
Lincoln has been the subject of more heroic statues than any other American. On this page are reproduced five of the most prominent examples.



Masterpiece of St. Gaudens in Lincoln Park, Chicago.

Statue at Rochester, N. Y., Considered Masterpiece of Leonard Volk.

The Criticized Cincinnati Lincoln. By George Barnard.



FATE AND LINCOLN

Nearly a century and a half ago a father working in his field in a Kentucky clearing was shot and killed by Indians. His three sons were with him. The oldest ran to the house and reached it unharmed. The next in age ran in another direction for the nearest settlement. The youngest, a boy of six, was seized by one of the attackers.

When the eldest boy looked out, after bursting the door, he saw his brother in the grasp of an Indian. He took down the family musket, aimed through an opening and shot the Indian dead. The boy, released, made his way to the house. In a few hours a rescuing party from the settlement drove the raiders away.

The six-year-old boy was Thomas Lincoln. He became the father of the Younger Lincoln.

Thirty-two years later two boys, clumps, were strolling along Knob creek, Harlan county, Kentucky. The younger, only seven years old, attempted to swing himself over the creek on a sycamore tree. Midway he lost his hold and fell in. The other rescued him. The rescuer's name was Gallagher, and but few men have been privileged to perform equal service for their country.

The boy he rescued was Abraham Lincoln.

Twice death was cheated that America might be saved. It was chance, or something else. Most Americans prefer to believe it was something else.—Minneapolis Tribune.

"ABE" LINCOLN REAL AMERICAN

Life of Great American President Has Furnished Inspiration to Every Boy Born Under the Starry Banner.



ABRAHAM LINCOLN, sixteenth president of the United States, was born in Harlan county, Kentucky, on February 12, 1809, being the son of Thomas Lincoln, a laboring farmer. While he was still a boy, his father moved to Illinois; there Lincoln began life as a bush, building rail fences—a circumstance which gained for him in after years the designation of "the rail-splitter"—also working as a common sailor on the flat boats which navigated the Mississippi river. While thus employed he picked up a little learning, and gave all his spare time to reading what books came his way. He served as captain of militia during the Indian troubles in the North-west and in 1834 was elected to the Illinois legislature. Three years later he was admitted to the bar, and met with much success as an advocate. In 1847 he was elected to congress, where he supported the Whig party, and became conspicuous as an opponent of slavery. The Whig party was broken up after the presidential election of 1852, and two years later he appeared as leader of the newly organized Republican party. He made several unsuccessful attempts to obtain a seat in the senate. In 1860, however, he was raised to the highest office in the republic.

The national Republican Convention met at Chicago in June of that year, and up to the eleventh hour it was supposed that Mr. Chase of the state of Ohio, and Mr. Bates of Missouri, would divide the vote of the great west, but they were suddenly abandoned, and Mr. Lincoln was brought forward in their stead. The local pressure was so great that he carried the nomination over Mr. Seward, and was elected president in November, 1860.

The result of the election was tremendous. Nearly all the southern states seceded from the Union before the new president was inaugurated. Then came the attack on Fort Sumter and the terrible Civil war, which for four long years devastated the southern states of the Union. Lincoln's tact and service during these four years are too well known to be recounted.

At the expiration of his term of office he was re-elected to the presidency, and lived to see the ultimate success of the federal arms, and the surrender of Richmond and the army of General Robert E. Lee. While on a visit to the Ford theater, Washington, April 14, 1865, Abraham Lincoln was shot through the head by an actor named John Wilkes Booth; he passed away on the following morning.

Lincoln Eccentric About Beard. In the matter of beards, as in everything else, Abraham Lincoln retained an open mind. He was not above liking change for his own sake, monotony wearying him. In 1857 Lincoln wore a beard. In 1857 and 1858 he was beardless. During the debate with Douglas he was growing a beard. The day after his first nomination the beard was gone. Portraits of 1861, 1863, and 1864 show the full beard, but before 1864 was ended the Lincoln face was smooth again. The last portrait, made on April 9, 1865, shows the fair beginning of a beard.

Lincoln and Economy. As an advocate of thrift, Abraham Lincoln was far less prolific than another great American, Benjamin Franklin. Lincoln published no "Poor Richard's Almanac." If he had, doubtless his injunctions to thrift would have been fully as trenchant and pointed as were those of Franklin. For Lincoln was forced to thrift and consequently realized the value of it. Summarized, his advice on this subject was: "Teach economy; that is one of the first and highest virtues. It begins with saving money."

Submarine "Valley" Found Off Mendocino

San Francisco.—The approximate location and shape of an uncharted submarine valley, which caused the wreck of the steamer Bear with the loss of five lives in 1916, has been reported by Captain Lukins of the surveying vessel Wenonah of the Coast and Geodetic Survey. The axis of the valley is given as about ten miles to the north and west of Cape Mendocino, Cal., and its head about five miles off shore. The unknown presence of this formation is blamed for the wreck of the steamer Bear, whose captain was deceived by soundings taken in its vicinity during a storm.

Rajah—27c per gallon—A genuine high-test gasoline at the lower grade price. R. D. Fowler, Ford Sales & Service, Canfield.

Soutache Braidings

Soutache seems to lose none of its favor, being employed quite as much as last season. Black soutache is much employed on all dark shades, particularly navy blue and dark green foundations. Bits of bright color used to illuminate dark toned tailored suits are often almost wholly covered with soutache in black. Large panel-like motifs in soutache are seen on both skirts and jackets of tailored suits. There is still much soutache on chiffon, as well as on the heavier worsted serges and cloths. Gold and silver soutache is used as well as applied in conjunction with metal points these metal braids are most effective. Large designs, button covers and insertion bands made up from soutache, combined with other small novelty braids, are strongly represented in trimming lines.

Wide Braids

New patterns in extra wide loom woven and machine knitted braids are being shown. These trimmings were a great success as a high novelty a year ago. Manufacturers feel confident that the vogues for these are not yet finished, and, therefore, are preparing interesting new lines for fall. Many of these are in the radium patterns. The deeply ribbed braids are somewhat of a novelty, and, as they in some degree resemble the uncut velvet—the high novelty in fabrics—it is expected that braids of this character will also be taken up.

USEFUL HINTS

A neighbor recently made me a handy felt pad to use instead of a brush in polishing stoves. To make one you take three pieces of felt about three inches cut from the tops of old felt boots, some of which nearly every farmer in the North has on hand. Lay the felt pieces together and fasten to a clean inch thick, and some smaller than the felt for a handle. Drive three nails through the felt and clinch in the handle. This is better than a brush for polishing top of kitchen stove, as it does not remove so much of the blacking.

When your clock fails to run, especially in cold weather, it shows the works are gummed and need oil. This can be remedied by putting a small quantity of kerosene in a cover taken from small baking powder can, placing this inside of clock; or where clock has an open base, set it on the shelf under clock. Mine has run regularly for two years since I did this. Do not use salt to thaw ice on cement floor or walk, as it causes particles of the concrete to loosen and gradually wear away, leaving a rough surface.

For a strong, hot solution of washing soda or potash in your sinks once a month and you will not be bothered with clogged drains. Do not wait until they clog, but keep them free all the time.

The Care of Marble

To remove iron mold from marble run the marble with a cut lemon dipped in common salt. If this does not remove the stain try rubbing it with spirits of ammonia, which is often successful when other treatments fail. In either case it is well to afterwards rinse the spot and polish it with a soft cloth.

Cherry Jelly.

Take the unsweetened juice left from the cherries drained above, mix with equal proportion of gooseberry or currant juice. Makes a delicious jelly, using cup for cup of sugar and the mixed juice. Cook about fifteen minutes.

SIRLOIN STEAK WITH BANANAS—Trim and wipe the steak, arrange in the broiler and broil over a clear fire, seasoning with salt and pepper when half done. Transfer to a hot platter, spread with a tablespoonful of butter, and sprinkle with one tablespoonful of freshly grated horseradish. Lay over all the bananas prepared as follows: Take three large bananas, remove the skins and split lengthwise. Drop a large spoonful of butter in a hot frying pan and when smoking lay in the pieces of banana. Brown quickly on both sides and drain for a moment on paper.

BRAISED LAMBS' TONGUES.—To braise lamb's tongues drop them, after washing, in a kettle of salted water and simmer until tender. Drain, trim away the roots and remove the skins. Arrange in a shallow pan, pour over them equal parts of a good brown and a tomato sauce; cover closely and braise in a moderate oven for two hours.

PEACH SHORT CAKE.—Mix one pint of sifted flour with one-half teaspoonful of salt, one teaspoonful of sugar and one heaping teaspoonful of baking powder, and rub in three large tablespoonfuls of butter. Mix to a soft dough with sweet milk and roll out in two cakes. Bake in a quick oven; while hot split and butter, covering each piece with a thick layer of cut peeled peaches dusted with sugar. Serve with cream or a cold boiled custard.

His Gentle Hint.

A gentleman traveling abroad sat opposite a beautiful lady. On reaching the frontier a customhouse officer entered the carriage and said: "Sir, have you anything to declare?" "My good friend," replied the gentleman, "if I had any declaration to make it would be to this young lady, and not to you!"

This season's slippers of moire silk and satin are not quite so pointed in the toe as formerly.

How Whitman Got Nickname. It originated during the Civil war. At that time Whitman was holding a government clerkship in Washington and was devoted in his service to sick and wounded soldiers in the hospitals. He was a man of large frame and his heavy gray hair and long beard gave him a distinguished appearance. In 1865 W. O. O'Connor, also a government employee and a magazine writer of the period, wrote an intensely enthusiastic pamphlet about Whitman, entitled, "The Good Gray Poet." It took hold of the popular imagination and stuck.

No longer the whole thing—half and half.

THE OLD-TIME ALMANAC

O pray can you tell me where I may find an almanac like the old-fashioned kind. Which hung by a nail near the mantle's wide shelf? Today I can't get one for favor or pen. Its pages were bound in a cover of green. And all thru the year in its place it was seen. It told us of cures for humanity's ills. Effected, 'twas said, by little pink pills. It told of the rise and set of the sun. How the tide in the seas would ebb and would run. And what we should plant in April and May. And when it was time to store cabbage away. It told when the moon would be full or be dark; It had jokes that by Noah were writ in the ark; The zodiac's signs in a circle ran round. But what was their meaning I never have found. I'm sorry, indeed, that its race is extinct; It beat all our fiction, I honestly chide. It had tables of figures, and figures won't lie; But that fiction abounded, can any deny?—Canonsburg (Pa.) Notes.

To Avoid

The "Flu"

First of All, Make Sure Your Blood is Red and Rich—in Fighting Trim

Safety in Vigorous Blood
If You're Listless and Depressed Don't Delay a Minute—Get a Good Tonic

If you get the influenza, see a doctor at once—but why get it? Isn't it worth while, instead, to take every precaution now, against getting it? Probably the best and first thing to do is to make sure you are in good physical condition. During an epidemic, almost wherever you go you are exposed to influenza. As long as you are really well, the red corpuscles of your blood fight off and defeat disease germs. But when you are tired and run down, when you feel all right except that you haven't much energy or enthusiasm, your blood is tired out too, and you are an easy victim.

Pepto-Mangan has become famous as a builder of rich and vigorous blood. It helps you up when you are run down. It helps you avoid illness. Or, it helps you recover, if you realized your poor physical condition too late.

Physicians have been recommending Pepto-Mangan for years, in cases of anemia (bloodlessness). It is reliable, effective, and has a record of over twenty-five years success. Take no chances with a run-down condition. Get Pepto-Mangan today. It is good health insurance.

Pepto-Mangan is sold in liquid and tablet form. There is no difference in medical value. Take either kind you prefer. But be sure you get the genuine Pepto-Mangan—"Gude's". The full name should be on the package.—Adv.

Even a train of thought may not be a through express. Sometimes it is merely a way train.

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